

April 2023

Contributions to the newsletter are most welcome. They should be addressed to the Newsletter Editor and sent to adelaidemastersswimming@gmail.com. Past editions of the newsletter are available in the Newsletter Archive on the Adelaide Masters web site:

<http://www.adelaidemasters.org.au/content/newsletter-archive>

Change over to training at St Peters

The final training session will be held at Burnside on **Monday 24 April** and the first training session at St Peters will be on **Wednesday 26 April**.

Trophy Presentations

Our Trophy Presentations this year will be held at the Maid and Magpie Hotel after training at the End of Month drinks/ dinner at 8pm on **Friday 28 April**. We would love to have as many members as possible there to celebrate our individual and Club achievements over the past year, whether you are training or not! Please RSVP to Charles Gravier on the Adelaide Masters email (adelaidemastersswimming@gmail.com) by **Wednesday 26 April**.

2023 Annual General Meeting

The 2023 Annual General Meeting was held at Burnside Pool after training on Wednesday 8 March.

Election of new Committee

The Committee for 2023 – 2024 was elected as follows:

President	Peter Holley
Vice President	Jeff Sheridan
Secretary	Peter Clements
Treasurer	Steph Palmer-White
Assistant Treasurer	Helen Bartsch
Club Captains (2 positions)	Steph Palmer-White, Lee O'Connell
Nominations Officer	Russell Anderson
Recorder	Steph Palmer-White
Coaching Coordinator & Fitness Director	Ilze Ostrovska
Publicity Officer and Newsletter Editor	Michael Harry
Safety Officer	Jeff Sheridan
Merchandise	Kay Johnston
General Committee Members (3 positions)	Geoff McConachy, Scott Goldie (one vacancy)

Non Committee members helping with various tasks:

Judith Gallasch, Betty Reinboth - Merchandise
Elliot Smith – other tasks

Vice-President's Report to AGM

This has been an interesting year, which is good seeing as we have celebrated forty five years of being one of the best swimming clubs in Adelaide.

The 45 year celebration brought home how significant Adelaide Masters has been in the development of Masters swimming in South Australia and more importantly, how it has evolved over time, from being an idea through to becoming a massive club that spawned nearly all the other Masters clubs in SA, to what we have today.

The big question is - where are we going to be in the future? Adelaide Masters has its Golden Jubilee in five years time. What will the Club look like? Will it have the strong, diverse and vibrant group of people who come together with a shared love of the sport of swimming? Will it have a strong focus on the social aspects of being in a club that underpins and supports all the other activities be it competition or social swimming, pool swimming or open water swimming? When people talk about us will they say "The people in that club really know how to enjoy swimming"?

This is just my vision. What is yours?

A club is not just one person, it is a whole group of people pushing in the same direction. If we all do a little bit then as a whole we can all achieve so much more. Doing that little bit is not just volunteering to be on the committee. It could be making a commitment to come to training once or twice a week, helping to fill out the register, making sure you remember to pay your swim fees and membership, putting photos on social media, helping with socials, doing a write up for the newsletter, helping with the website, doing a competition, wearing club kit, swimming in the sea, organising a "swimming outing" and so many more. I ask you all to do just one thing for the next year, find a small way to get involved as you are all the life blood of the Club.

I need to mention a few people this year whose contributions have been invaluable to us:

The 45th Celebration committee who organised the lovely event at the Bowls club and persuaded past luminaries to attend.

Michael Harry for doing a sterling job with the newsletter. Communication is key in our existence and the newsletter does so much to let others know what is going on. Please read it!

Helen Bartsch, an unsung hero with awesome organisational skills and a willingness to tackle tasks with aplomb, has worked wonders for the administration of club matters

Peter Clements and Michael Harry for the labour of love in putting together the history of the first 10 years of the club together. It was not always easy and there were probably times when they questioned their sanity. The end result though is a stunning document, well worth reading.

Jeff Sheridan for his work on the Proclamation Day Swim. This year he had to battle with a new system being implemented and the fall out from the event being cancelled, which resulted in even more work.

Steph Palmer-White and Lee O'Connell for their strong leadership, which included organising the relays at the pool swims. It sounds an easy task until you realise that they have a very limited time to do it.

Pete Holley

Coaches Report to AGM

Adelaide Masters 2022/23 season was again divided into two parts:

- The winter season with training sessions in the 25m pool at St Peters College from April to October. There were 6 pool competitions during the winter season.
- The summer season with training sessions held in the Burnside 50m pool. The main emphasis during the summer season was on the Open Water competition (8 Masters events and a number of non - Masters events) There was also a Summer Pool Series in the regional pools at Woodside, Gawler and Strathalbyn. Thank you to Pete Holley who worked on the open water swimming specifics for two weeks in the beginning of January while I was away.

The training programs were written according to these two seasons. In winter, the emphasis was more on speed, shorter distances, technique, turns and dives. The summer programs were designed to make sure that longer distances are not an obstacle for our swimmers and they could take part in open water swims if they wished to. The sessions were aimed at improving swimmers' endurance, including 400m and 800m time trials.

I have tried to cover some important topics in our monthly newsletter articles, including muscle cramps and how to avoid them, warm up before competitions and freestyle drills that could improve swimmers' techniques.

I want to say thank you to all swimmers who attend Adelaide Masters training. You all bring something different to the sessions, you all contribute to the Club's atmosphere that makes my job as coach very interesting and rewarding.

I look forward to continue coaching over the coming year. See you soon

Ilze Ostrovska

Captains' Report

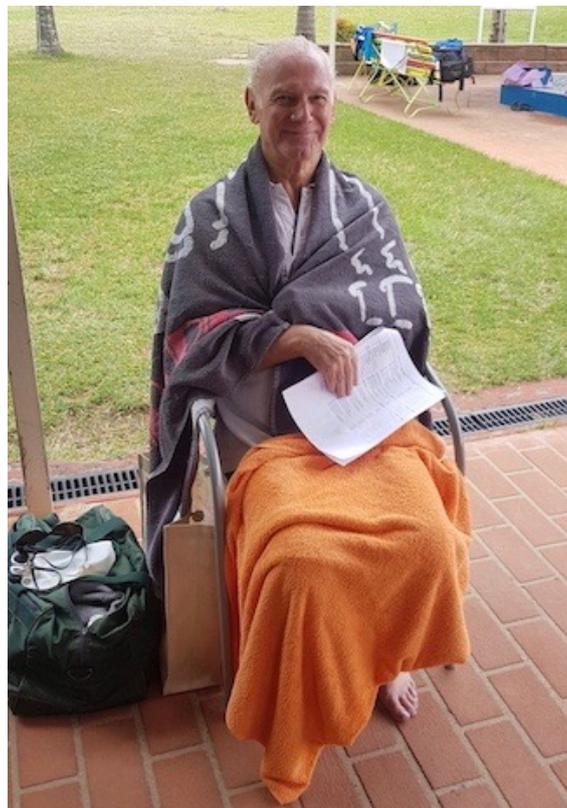
Strathalbyn Meet

On 26 February seven Adelaide Masters swimmers made the long trek to the lovely Strathalbyn Pool, nestled on the banks of the Angas River with the beautiful Soldiers Memorial Gardens in the background. It was cold and windy so times were a little slow on average, although that didn't deter Tony Ward from breaking the state record for the 50m Fly in the 80-84 age group.

Adelaide Masters came fifth in this meet, and were fourth overall for the Summer Pool Series with one more meet to go at Woodside on March 19th. The Womens Medley Relay, consisting of Lee O'Connell, Sharon Beaver, Steph Palmer-White and Judith Gallasch easily won the 240+ age group. The members of this team also succeeded in their individual swims, winning most of them. Kim Lau continued doing well placing first in two of her swims, while Charles Gravier grouped all his swims together in the middle of the program, and won all of them in his age group.

Woodside Meet

The last meet of the Summer Interclub Series was held at Woodside on Sunday 19 March. Adelaide Masters had a very small group of swimmers attending, just 5 of us – Steph, Sharon, Lee, Tony and Charles. Once again, the pool temperature was toasty but the cool air temperature took a few of our competitors by surprise – Tony Ward can be seen here trying to keep warm between races!



With such low numbers we were unable to field relay teams, so the Club could only manage 8th place, however we did come a creditable 5th in the standings for the Summer Interclub Series. We sincerely thank all swimmers who made the long trek to our beautiful country locations to compete in some or all of the Series. Doing these events and the open water swims is a big commitment.

Well done to Steph, Sharon, Lee, Tony and Charles who attended all five meets in the Series and in the accumulated points came 1st or 2nd in their age groups, with Sharon and Steph getting the maximum 120 points and tying for 1st in their age group.

Long Course State Cup 2 April and 1st Interclub 21 May

Our next pool competition is the Long Course State Cup to be held on **Sunday 2nd April** at SAALC. Again, we have small numbers entered however we would like to encourage as many members as possible to enter the 1st Interclub meet of the winter series on **Sunday May 21st**. This is the Short Course Relay meet with all the events on the program being relays. It is a fun event and the more participants we have the greater variety of relays we can enter. Please enter if you can get there!

Open Water Swims

Port Elliot

The Port Elliot swim was held on a mild, sunny afternoon on Saturday 4 March. Swimmers were faced with unusual conditions. Due to the River Murray flooding, the water was cloudy though quite clean, notwithstanding large numbers of small dead fish washed up on the beach, and a few floating in the water. Host club Atlantis offered a prize for any swimmer who returned with one in their bathers! A good swell assisted swimmers on the back leg, though swimming into the bright afternoon sun on the return leg was a challenge, making it difficult to pick up the finish buoy.

Steph Palmer-White came in 1st female and 2nd overall in the 800m. In the 1600m, Sharon Beaver finished 1st female and 5th overall. Kent Nelson, Peter Holley, Geoff McConachy, Michael Harry and Roman Zaika also completed the swim.



Pam Holley and Peter Holley



Sharon Beaver with Steph Palmer-White and John White

Port Noarlunga

The final swim of the Open Water Series was held on Monday 13 March at Port Noarlunga. Conditions were the best out of all of the swims this summer, the water 20C with a light south - easterly. Adelaide had an outstanding turn out, our highest for the season apart from the Jetty to Jetty. Lee O'Connell, Peter Clements, Michael Harry, Remin Nath and Chris Carter completed the 1500m. Steph Palmer-White won the 2500m decisively, Henry Gooden, Troy Williams, Kim Lau and Roman Zaika also finishing. In the 5000m, Sharon Beaver came in as 3rd female, and Scott Goldie, Julie Bowman, Kent Nelson and Peter Holley also finished, the latter backing up a marathon swim from Semaphore to Glenelg two days before. Well done to all, an excellent way to end the season!



Steph Palmer White, Lee O'Connell
Club Captains

Achievements

2022 FINA Top Ten Swimmers

A number of Adelaide swimmers featured in the FINA World Aquatics 2022 Top 10:

- Steph Palmer-White in 3 events, including 1st in the Short Course 200m Fly
- Sharon Beaver in 2 events
- Sharon Beaver, Steph Palmer-White, Emily Goldie and Erin Brown in their 400m Medley Relay.

Congratulations to all on their fantastic achievements. The full listing for Masters Swimming SA is published at: <https://mastersswimminga.org.au/results/fina-top-ten/>

Vorgee Endurance 2022 Results

The Vorgee Endurance results for 2022 are shown below. Well done to all who participated, especially Sharon for accumulating 55 points!

Maximum Points per Club Member – 2022

Member	Club	Name	Age	AgeGroup	Points
BEAVER , SHARON	SAM		55	55-59	55
GUNN , PAMELA	SAM		68	65-69	25
HOLLEY , PETER	SAM		59	55-59	25
O'CONNELL , LEONIE	SAM		66	65-69	25
BARTSCH , HELEN	SAM		53	50-54	15
PALMER-WHITE , STEPHANIE	SAM		58	55-59	15
BOWMAN , JULIE	SAM		57	55-59	10
BROWN , ERIN	SAM		42	40-44	10
GALLASCH , JUDITH	SAM		58	55-59	10
GOLDIE , SCOTT	SAM		52	50-54	5
SHERIDAN , JEFFREY	SAM		59	55-59	5
SMEDLEY , MARK	SAM		62	60-64	5

2022-23 OWS Towel Award

Steph Palmer-White and Michael Harry completed all swims in this season's SA Masters Open Water Series and will receive the OWS Towel Award.

A very long swim!

Pete Holley, with great support from Troy Williams and Troy's good friend Andy completed a marathon swim from Semaphore to Glenelg on Saturday 11 March.

Pete has written an account of the experience and provided photos below.

Fredrick and Me

I've been slightly obsessed with a little bit of local history ever since I read about it in a magazine a few years ago. Most people have never heard of Fredrick Cavil and I'm sure that no one has ever heard of the swim that he did in South Australia in March 1880. I was reading an article on this remarkable man and one line jumped out at me – he completed the sixteen-mile swim between Glenelg and Semaphore in March 1880. Firstly, it was the first reference I have ever seen to Adelaide in long distance swimming context and secondly, sixteen miles? A bit of string, a map and a rule later I worked out that the swim was sixteen kilometres. A little bit of googling showed that the error had been made years ago when converting miles to kilometres, but it also brought up a treasure trove of newspaper articles of the time. They were written in the florid prose of the Victorian era and told the story of a rivalry, of failure and then of redemption. It was stirring stuff and it kindled a desire to repeat the swim.

It took a while for all the plans to fall into place. I had the advantage of local knowledge and tide tables so hopefully I would not, like Fredrick, be caught by a turning tide. During the planning I had persuaded Troy to join the madness and he had a friend, Andy, who could accompany us in a kayak. After consulting tide tables, we found a day when the high tide was at daybreak. Our hope was to be flushed down the coast with the current. The only thing that could stop us was the wind. We nervously studied the weather forecast for days before and prayed to the deities of our choice for good conditions.

We arrived at Semaphore in the pre-sunrise light. The sea was as flat as glass and there was not a breath of wind. We could not have picked a better day to attempt a swim to Glenelg. We unloaded the kayak, covered our bodies in sunscreen and Vaseline, and carried the kayak to the shore. Once launched Troy and I walked to the Jetty. It is in the unwritten rules of Adelaide swimming that any attempt to swim between jetties must start and finish with touching each jetty. We waded into the water, touched the jetty and let the water enhance our progress to Glenelg.

The first hour was glorious, the current slowly picked up and we made speedy progress down the gulf, stopping for a feed from the kayak every half an hour or so. The swimming almost became secondary to the feeling of being in a vast ocean. My mind drifted from one topic to another before I was pulled firmly back to earth by an early morning fisherman wearing waders warning me that he had a line out. I was not expecting that and gingerly swam behind him.

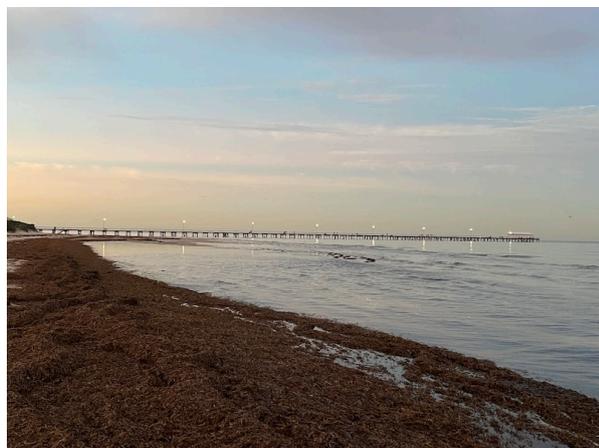
At the start we had discussed whether Grange Jetty or Henley Jetty was the halfway point. I wanted it to be Grange because that was where Fredrick took on board his energy drink of milk and brandy. Andy pulled into shore to answer a call and Troy followed him. I was happy to carry on. The water was still pulling me along and I wanted to take as much advantage as I could. I was now in well-known territory, I swim between these jetties most weekends, and watched the familiar landmarks speed past.

There was a small welcoming committee at Henley Jetty, the regulars who had tracked my progress down the gulf and were waiting to wave me through the halfway point. I was so pleased that they were part of the swim. If it were not for their help and encouragement I would not have been in the water. Things started to change as I approached the Torrens outlet. The water started to smell for one thing and the wind decided it was time to make an appearance. I trudged on but now the going was a lot harder. Somewhere between the Torrens and West Beach I got the news that Troy had pulled out. He was complaining of stomach discomfort. I had looked forward to finishing together at Glenelg, but that was now not to be.

There is a harbour at the end of West Beach, and I had to swim round it. I was not looking forward to this bit as there was every possibility of a boat coming far too close for comfort. I followed Andy closely around the wall and then put my head down and sprinted across the gap. It was a relief to get to the other side and the safety of sheltering by the harbour wall

In my mind I was nearly there. I had always thought that North Glenelg Beach was short. It isn't! it seemed to go on for ever. It did not help that the wind was slowing my progress and at points I felt as if I was not making any progress.

Glenelg Jetty remained elusive until almost the end of the swim. Only after finally swimming the length of the beach, negotiating the breakwater and then picking my way round various buoys that had been laid out for a competition could I finally make out the brown structure in the distance. It was so close, but it took an age to get there. Five and a half hours after touching Semaphore Jetty I slapped a hand on Glenelg Jetty. Just like Fredrick, we went to the pub to celebrate the swim.



Dawn at Semaphore Beach



Pete, Andy and Troy at Glenelg, mission accomplished



Dates for your diary

You can enter for the Interclubs and the other Masters SA events listed below at the following link:
<https://mastersswimmingsa.org.au/events/2020-mssa-winter-pool-series/>

April

Saturday 15th MSSA Presentation Dinner Highway Hotel, Anzac Highway

For further information and bookings:

<https://mastersswimmingsa.org.au/event/2023-mssa-presentation-gala/>

Friday 28th Club Trophy Presentations 8pm after training at Maid and Magpie Hotel

RSVP to Charles Gravier at adelaidemastersswimming@gmail.com by **Wednesday 26**

April

May

Sunday 21st Interclub 1 (Relays) SA Aquatic and Leisure Centre from 8.30am

Entries **close 5 May**

July

Sunday 16th Interclub 2 (SC) SA Aquatic and Leisure Centre from 8.30am

Entries **close 30 June**

August

Sunday 13th Interclub 3 (LC) SA Aquatic and Leisure Centre from 8.30am

Entries close **28 July**

September

Sunday 10th Interclub 4 (LC) SA Aquatic and Leisure Centre from 8.30am

Entries close **26 August**

Sunday 24th SC State Cup SA Aquatic and Leisure Centre from 8.30am

Entries close **8 September**

November

Sunday 5th LC Long Distance Meet SA Aquatic and Leisure Centre from 8.30am

Entries close **20 October**



ADELAIDE MASTERS

SWIMMING CLUB INC



For up to the minute news and last-minute changes:

Do you have something we can include in the newsletter? Mail it to
adelaidemastersswimming@gmail.com